



Triple Smoke Burger

 Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



1165 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 firm-ripe avocado peeled quartered cut lengthwise into 1/ slices
- ☐ 8 slices bacon
- ☐ 2 tablespoons chipotle in adobo divided minced
- ☐ 1.5 tablespoons dijon mustard
- ☐ 1.5 pounds ground beef chuck lean (not)
- ☐ 4 hamburger buns toasted
- ☐ 4 servings lettuce; cilantro sprigs
- ☐ 0.5 cup mayonnaise

- ☐ 4 servings olive oil for brushing on onion and avocado
- ☐ 1 large onion red with a wooden pick to keep it together thick cut into 4 (1/2-inch) rounds, each stuck
- ☐ 2 teaspoons paprika smoked sweet

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ blender
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ In a food processor or blender, purée mayonnaise, mustard, and 1 tablespoon chipotle; transfer to a bowl.
- ☐ Cook bacon in batches in a skillet over medium heat, turning occasionally, until crisp; transfer to paper towels to drain.
- ☐ Gently mix beef with 1 tablespoon chipotle, paprika, and 1 teaspoon salt until combined. Form into 4 (4-inch) patties.
- ☐ Prepare a grill for direct-heat cooking over medium-hot charcoal (medium heat for gas).
- ☐ Meanwhile, brush both sides of onion rounds and avocado slices with olive oil.
- ☐ Oil grill rack then grill onion rounds, turning over once, until slightly charred, 2 to 3 minutes total. Discard wooden picks.
- ☐ Grill avocado slices, turning once, until grill marks appear, about 30 seconds on each side.
- ☐ Grill patties, covered only if using a gas grill, until they reach 160°F on an instant-read thermometer, approximately 5 to 6 minutes on each side.
- ☐ Put sauce on buns and make burgers with lettuce, avocado, bacon, onion, and cilantro.

Nutrition Facts



 **PROTEIN 14.31%**  **FAT 74.08%**  **CARBS 11.61%**

Properties

Glycemic Index:64.5, Glycemic Load:14.44, Inflammation Score:-8, Nutrition Score:34.22913065164%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.85mg, Quercetin: 6.85mg, Quercetin: 6.85mg, Quercetin: 6.85mg

Nutrients (% of daily need)

Calories: 1164.77kcal (58.24%), Fat: 95.97g (147.64%), Saturated Fat: 25.61g (160.03%), Carbohydrates: 33.85g (11.28%), Net Carbohydrates: 26.84g (9.76%), Sugar: 7.22g (8.03%), Cholesterol: 161.57mg (53.86%), Sodium: 871.89mg (37.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.72g (83.43%), Vitamin K: 92.19µg (87.8%), Selenium: 49.1µg (70.15%), Vitamin B12: 3.98µg (66.33%), Vitamin B3: 11.9mg (59.52%), Zinc: 8.57mg (57.11%), Vitamin B6: 0.92mg (46.03%), Phosphorus: 442.54mg (44.25%), Vitamin E: 5.45mg (36.36%), Vitamin B1: 0.53mg (35.17%), Iron: 6.27mg (34.85%), Folate: 126.35µg (31.59%), Vitamin B2: 0.53mg (31.26%), Potassium: 1045.17mg (29.86%), Fiber: 7.02g (28.07%), Manganese: 0.52mg (25.95%), Vitamin A: 1052.51IU (21.05%), Vitamin B5: 2mg (20.01%), Magnesium: 72.4mg (18.1%), Copper: 0.31mg (15.71%), Calcium: 131.33mg (13.13%), Vitamin C: 10.14mg (12.29%), Vitamin D: 0.4µg (2.68%)